



Addressing Fetal Alcohol Spectrum Disorders (FASD) in Wisconsin:

An Update on Initiatives Addressing Prevention and Intervention with Women and Children At-Risk

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Presentation Overview

- Brief Review: Wisconsin at Risk
- Current Active Projects:
 - A Collaborative Effort:
 - State of Wisconsin
 - University of Wisconsin Dept. of Family Medicine
 - UW Population Health Institute
- Family Empowerment Network
- Wisconsin Treatment Outreach Project
- FASD Identification and Treatment Project
- FASD Prevention and Intervention Project (PIP)

Wisconsin at Risk

- Prenatal alcohol exposure is a leading cause of MR and LD in the U. S. today
- Wisconsin continues to have the highest prevalence in the US of reported frequent alcohol consumption among women ages 18-44; 25.26% (BRFSS 2001)

Background, cont...

- Research from the UW-Medical School indicates that
 - Approximately 25% of women of childbearing age seen in primary care clinics screen positive for at-risk drinking (Fleming, 1998)
 - Ten percent of postpartum women screen positive for at-risk drinking (Fleming, 2004)

Alcohol Use During Pregnancy

- Drinking during pregnancy can cause permanent harm to a developing baby
- In Wisconsin, over 66% of women of childbearing age drink alcohol and over 25% of Wisconsin women screened positive for at-risk drinking

Fetal Alcohol Spectrum Disorders

- When a pregnant woman drinks alcohol, the result can be a range of permanent physical, cognitive, and/or behavioral problems—collectively called Fetal Alcohol Spectrum Disorders (FASD)
- Fetal Alcohol Syndrome (FAS) is the most recognizable of these disorders
 - FAS is characterized by decreased growth, specific facial features and brain abnormalities
- FASD represent a leading cause of mental retardation and learning disabilities
- Other conditions associated with prenatal alcohol exposure include pFAS, ARBD, and ARND

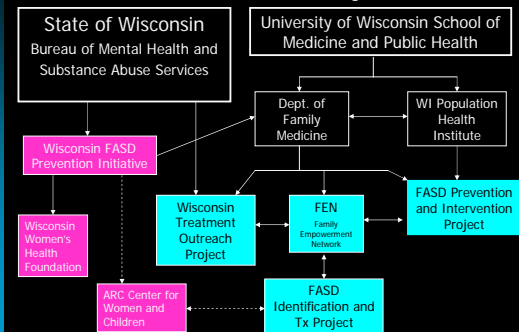
Difficulty in Addressing FASD

- Not all kids who are exposed are affected
- Variable manifestations in characteristics of individuals affected
- Inconsistency in diagnostic criteria across systems and across states
 - E.g., health care systems (including mental health, educational, vocational)
- Lack of identification of women and children at-risk
- General lack of awareness about FASD
- Mixed messages...



Update on Wisconsin Initiatives...

Collaborations: A Birds-Eye View



Family Empowerment Network (FEN)

- Goal:
 - To provide support and resources to families affected by FASD
 - Provide education and training
 - Advocacy and support (e.g., IEP planning, IPE planning)
 - Toll-free *Family Advocate Line*
 - 1-800-462-5254
 - www.fammed.wisc.edu/fen

Family Empowerment Network (FEN)

- Update:
 - Ongoing
 - Currently funded to administer the Wisconsin Treatment Outreach Project

Wisconsin Treatment Outreach Project

Funded by State of WI: Bureau of Mental Health and Substance Abuse Services

- Goal:
 - To Provide FASD-specific services to state-funded women's treatment programs and their ancillary service providers
 - Education/Training
 - Clinical Outreach
 - Family Services Planning
 - Support to Families Affected by FASD

Wisconsin Treatment Outreach Project

Funded by State of WI: Bureau of Mental Health and Substance Abuse Services

- Update:
 - Continue to provide services to families affected by FASD identified through clinical outreach and collaboration with women-specific treatment programs
 - Education/Training on prevention, intervention and screening
 - Clinical Outreach
 - Family Services Planning
 - Support to Families Affected by FASD

FASD Identification and Treatment Project

Funded by Northrop Grumman Health Solutions (SAMHSA)

- Goal:
 - To improve the adaptive functioning of children diagnosed with FASD through the project's multi-disciplinary clinic
 - Clinical trial to test the efficacy of a family-based intervention on increasing the adaptive functioning of children affected by FASD **and** increasing family functioning.

FASD Identification and Treatment Project

Funded by Northrop Grumman Health Solutions (SAMHSA)

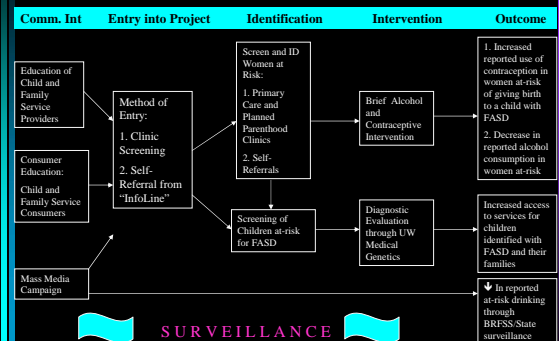
- Update:
 - FASD Multidisciplinary Clinic is booked to capacity
 - Protocol (developed by Lyric Dold, MA, MS, LPC) involves five in-home education and counseling sessions
 - Variables of interest include adaptive functioning in children, and family functioning (both as reported by parents)
 - Start date: June 1 (projected)

FASD Prevention and Intervention Project

Funded by the Centers for Disease Control and Prevention

- Goal:
 - To develop a system to address the prevention, identification, and treatment of FASD in a 9-county region in Southern Wisconsin
 - Counties identified through state surveillance as having a high proportion of women at risk of giving birth to a child with FASD
 - Five Levels:
 - I. Community Intervention
 - II. Individual Intervention (Clinical Trial)
 - III. Screening Children At Risk
 - IV. Linking Children to Services
 - V. Surveillance

Wisconsin FASD Prevention and Intervention Project



FASD Prevention and Intervention Project

Funded by the Centers for Disease Control and Prevention

- Update: **Community Intervention**

- Awareness

- FASD Awareness Day
 - Brochure, "Women and Alcohol" developed to provide accurate information and promote the message:

- If you are pregnant, or could become pregnant, don't drink alcohol.*

- Toll-free Information Line initiated

- 1-800-752-3157

- E-Information:

- Healthychoices@fammed.wisc.edu

- Upcoming

- Multi-media campaign
 - Targeted Education/Training



Our Alcohol & Pregnancy Messages

- If you are pregnant, or could become pregnant, don't drink alcohol.
- There is no known safe amount or safe time to drink alcohol during pregnancy.
- Drinking alcohol (including beer, wine, wine coolers, mixed drinks and shots) during pregnancy can cause lifelong problems for the developing baby.
- It is never too late to stop drinking alcohol.



FASD Prevention and Intervention Project

Funded by the Centers for Disease Control and Prevention

- Update: **Individual Intervention**

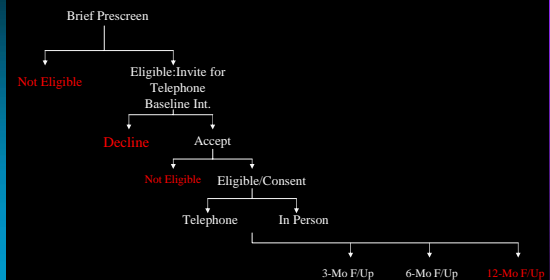
- Four-session intervention designed to test the difference between in-person and telephone-based brief intervention on reducing a woman's risk for an alcohol-exposed pregnancy

- Reduce alcohol consumption and/or increase effective contraception use

- All women at risk will receive services
- Clinical trial approved by UW Health Sciences IRB
- Intervention workbook and accompanying materials complete
- Finalizing recruitment of clinical sites
- Start date: June 1 (projected)



Telephone vs. In-Person Administration



Outcomes of Interest

- Decrease in Alcohol Consumption
- Increase in Effective Contraception
- Personal and Community Variables Including:
 - Other Drug Use
 - Depression
 - Eating Disordered Behavior
 - Partner Violence
 - Partner Alcohol and Other Drug Use
 - Social Support
 - Health Outcomes (e.g., ER Visits, Accidents)

FASD Prevention and Intervention Project

Funded by the Centers for Disease Control and Prevention

- Update: **Screening Children At-Risk**

- Children screened through several clinical mechanisms
 - FASD Multidisciplinary Clinic
 - FASD Outreach Clinics (2 per year)
 - Referral to Clinical Genetics Services satellite sites throughout Wisconsin

FASD Prevention and Intervention Project

Funded by the Centers for Disease Control and Prevention

- Update: ***Linking Children to Services***
 - Referral to Family Empowerment Network
 - “Usual Care”
 - Documentation of service needs

FASD Prevention and Intervention Project

Funded by the Centers for Disease Control and Prevention

- Update: ***Surveillance***
 - Conducted under the authority of the State of Wisconsin
 - Medical chart reviews
 - Epidemiological case definition
 - Estimate of number of cases of children at risk for FASD out of total born in nine-county region

For More Information

Prevention Initiatives

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